

# 21 meals for £20

## Delivered to your door

### Menu w/c 23.03.20

**Monday** - Porridge with nuts and seeds, Lasagna with salad, Tomato soup

**Tuesday** - Overnight oats with berries, Liver and onions with mashed swede and green beans, Tomato soup

**Wednesday** - Porridge with nuts and seeds, Cottage pie with carrots and peas, Sweet potato soup

**Thursday** - Sausage and scrambled egg, Braised chicken and leek pie, Tomato soup

**Friday** - Porridge with nuts and seeds, Sausage and mash with onion gravy, Carrot and coriander soup.

**Saturday** - Overnight oats with berries, Cottage pie with carrots and peas, Pea and ham soup.

**Sunday** - Bacon and egg frittata, Roast pork dinner, Oxtail soup

### Menu w/c 30.03.20

**Monday** - Sausage and tomatoes, Liver and onions with mashed potato and green beans, Devilled eggs salad

**Tuesday** - Overnight oats with berries, Pork meatballs in tomato sauce, Pizza baguette

**Wednesday** - Muesli with dried fruit, Cottage pie with carrots and peas, Leek and potato soup

**Thursday** - Sausage and scrambled egg, Baked potato loaded with mince and onions, Pea and ham soup

**Friday** - Porridge with nuts and seeds, Sausage and mash with onion gravy, Roasted pork and vegetable broth

**Saturday** - Fruit and fibre cereal, Chicken chasseur with potatoes, Chocolate sponge with custard.

**Sunday** - Bacon and egg frittata, Roast beef dinner, Chicken noodle soup



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### Menu w/c 06.04.20

**Monday** - Muesli with dried fruit, Hunter's chicken with rice and peas, Tomato soup

**Tuesday** - Fruit salad, Beef and onion pie with mashed potato and vegetables, Tomato soup

**Wednesday** - Porridge with nuts and seeds, Cottage pie with carrots and peas, Cauliflower and cheddar cheese soup

**Thursday** - Fruit and fibre cereal, Chicken korma with vegetables and rice, French onion soup

**Friday** - Fruit salad, Meatloaf with mashed potatoes and onion gravy, Carrot and coriander soup

**Saturday** - Bacon, tomato and egg frittata, Cottage pie with carrots and greens, Broccoli and blue cheese soup

**Sunday** - Bacon and egg frittata, Roast pork dinner, Scotch broth

### Menu w/c 13.04.20

**Monday** - Porridge with nuts and seeds, Lasagna with salad, Tomato soup

**Tuesday** - Overnight oats with berries, Ham and cauliflower cheese with vegetables, Lamb broth with barley and vegetables

**Wednesday** - Fruit salad, Chicken with honey and mustard, new potatoes and beans, Sweet potato soup

**Thursday** - Sausage and scrambled egg, Spaghetti bolognese, Chocolate cake

**Friday** - Weetabix with milk, Sausage and mash with onion gravy, Carrot and coriander soup

**Saturday** - Cornflakes with milk, Cottage pie with carrots and peas, Pea and ham soup

**Sunday** - Fruit and fibre cereal, Roast turkey dinner, Oxtail soup



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## Delivered to your door

### Menu w/c 20.04.20

**Monday** - Porridge with nuts and seeds, Chicken kiev with chips, Onion soup

**Tuesday** - Overnight oats with berries, Beef stew with vegetables, Tomato soup

**Wednesday** - Muesli with dried fruit, Cottage pie with carrots and peas, Pork and vegetable broth

**Thursday** - Sausage and scrambled egg, Braised chicken and vegetable pie, Carrot cake

**Friday** - Porridge with nuts and seeds, Fishcake with peas and carrots, Vegetable soup

**Saturday** - Sausage and egg, Pasta carbonara, Chocolate cake

**Sunday** - Fruit salad, Roast beef dinner, Apple crumble

### Menu w/c 27.04.20

**Monday** - Yoghurt with berries, Lasagna with salad, Vegetable soup

**Tuesday** - Weetabix with milk, Liver and onions with mashed swede and green beans, Cauliflower and cheese soup

**Wednesday** - Porridge with nuts and seeds, Hot pot with potatoes and vegetables, Leek and garlic soup

**Thursday** - Sausage and scrambled egg, Braised chicken and mushroom pie, Tomato soup

**Friday** - Porridge with nuts and seeds, Sausage and mash with onion gravy, Carrot and coriander soup

**Saturday** - Fruit salad, Pasta and meatballs, Chocolate cake

**Sunday** - Bacon sandwich, Meatloaf with mash and vegetables, Rice pudding with jam



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## Delivered to your door

### Menu w/c 04.05.20

**Monday** - Porridge with milk and honey, Fish pie, Carrot and cumin soup

**Tuesday** - Hash browns with tomatoes, Liver and onions with mashed swede and green beans, Tomato soup

**Wednesday** - Cornflakes with milk, Cottage pie with carrots and peas, Beetroot soup

**Thursday** - Sausage and scrambled egg, Chicken chasseur with rice and peas, Chocolate cake

**Friday** - Porridge with nuts and seeds, Sausage casserole with vegetables, Broccoli and blue cheese soup

**Saturday** - Porridge with nuts and seeds, Spaghetti bolognese, Pea and ham soup

**Sunday** - Fruit salad, Meatloaf with gravy and mash, Chicken noodle soup

### Menu w/c 11.05.20

**Monday** - Scrambled egg and chives, Chicken casserole with rice and peas, Tomato soup

**Tuesday** - Hash browns with tomato, Lamb casserole with dumplings, Chicken noodle soup

**Wednesday** - Cornflakes with milk, Pulled pork with sweetcorn, gravy and 'biscuits', Sweet potato soup

**Thursday** - Yoghurt and berries, Turkey pie with mash and veg, Treacle sponge and custard

**Friday** - Porridge with nuts and seeds, Sausage and bean jambalaya, Pea soup

**Saturday** - Weetabix with milk, Mince and onion with puff pastry, mash and vegetable, Rice pudding

**Sunday** - Bacon sandwich, Roast turkey dinner, Vegetable soup



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## Delivered to your door

### Menu w/c 18.05.20

**Monday** - Yoghurt and berries, Lasagna with salad, Chocolate cake

**Tuesday** - Overnight oats with berries, Liver and onions with mashed swede and green beans, Tomato soup

**Wednesday** - Porridge with nuts and seeds, Cottage pie with carrots and peas, Sweet potato soup

**Thursday** - Sausage and scrambled egg, Braised chicken and leek pie, Mushroom soup

**Friday** - Porridge with nuts and seeds, Sausage and mash with onion gravy, Carrot and coriander soup

**Saturday** - Cornflakes with milk, Shepherd's pie with mash and vegetables, Chicken noodle soup

**Sunday** - Sausage, egg and potato frittata, Roast beef dinner, Treacle sponge and custard

### Menu w/c 25.05.20

**Monday** - Porridge with nuts and seeds, Honey and mustard pork with potatoes and veg, Tomato soup

**Tuesday** - Cornflakes with milk, Meatloaf with roast potatoes, vegetables and onion gravy, Leek and potato soup

**Wednesday** - Boiled eggs and ham, Hot pot with potatoes and vegetables, Sweet potato soup

**Thursday** - Sausage and scrambled egg, Jacket potato with ham, cheese and baked beans, Pork and veg broth

**Friday** - Cornflakes with milk, Sausage and mash with onion gravy, Onion soup

**Saturday** - Porridge with nuts and seeds, Chicken chasseur with rice and peas, Carrot and cumin soup

**Sunday** - Fruit salad, Roast gammon with parsley sauce, Bread and butter pudding



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## Delivered to your door

### Menu w/c 01.06.20

**Monday** - Weetabix with milk, Lasagna with salad, Cauliflower cheese soup

**Tuesday** - Yoghurt with berries, Sausage and mash with onion gravy, Pea soup

**Wednesday** - Porridge with nuts and seeds, Hunter's chicken with rice, Tomato soup

**Thursday** - Sausage and scrambled egg, Fishcake with parsley sauce, Leek and potato soup

**Friday** - Cornflakes with milk, Meatloaf and mash with onion gravy, Chocolate cake

**Saturday** - Overnight oats with berries, Cottage pie with carrots and peas, Chicken and sweetcorn soup

**Sunday** - Fruit salad, Roast pork dinner, Treacle sponge and custard

### Menu w/c 07.06.20

**Monday** - Hash browns with tomatoes, Jacket potato with ham, cheese and baked beans, Chicken noodle soup

**Tuesday** - Cornflakes with milk, Chicken curry with vegetables and rice, Pea soup

**Wednesday** - Porridge with nuts and seeds, Beef and onion pie, Sweet potato soup

**Thursday** - Fruit salad, Braised chicken and leek pie, Tomato soup

**Friday** - Bacon sandwich, Sausage and mash with onion gravy, Carrot and coriander soup

**Saturday** - Omelette, Lasagna with salad, Pea and ham soup

**Sunday** - Yoghurt and fruit, Roast turkey dinner, Oxtail soup



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